


National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12

Module 4: School Breakfast Program (SBP) Meal Pattern



Connecticut State Department of Education
Bureau of Child Nutrition Programs

School Year 2024-25

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What's in a Meal Training Modules

- 1: Introduction to Training
- 2: Introduction to School Meal Patterns
- 3: National School Lunch Program (NSLP) Meal Pattern
- 4: School Breakfast Program (SBP) Meal Pattern
- 5: Dietary Specifications
- 6: Meal Pattern Documentation
 - Part A – School Menus
 - Part B – Crediting Commercial Processed Products
- 7: Milk Component
- 8: Meats/Meat Alternates Component
- 9: Fruits Component
- 10: Vegetables Component
- 11: Grains Component
- 12: Whole Grain-rich (WGR) Requirement
- 13: Grain Ounce Equivalents
- 14: Water Availability During Meal Service
- 15: Offer versus serve (OVS) in the NSLP
- 16: Offer versus serve (OVS) in the SBP

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials>

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Topics

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Topics

- Overview of breakfast meal pattern requirements
- Daily meal pattern requirements
- Weekly meal pattern requirements
- Optional vegetable substitutions
- Offering meats/meat alternates (MMA)
- Dietary specifications
- Resources



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Overview of Breakfast Meal Pattern Requirements

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Food-based Meal Patterns

- Meal components
- Daily and weekly portions based on specific grade groups
- Weekly nutrition standards (dietary specifications)



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Daily Breakfast Requirements

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Breakfast Meal Pattern for Grades K-12
Minimum Daily Requirements




New

Grains/MMA	Fruits	Milk
1 oz eq 	1 cup 	1 cup 

<https://www.federalregister.gov/documents/2024/04/25/2024-08098/child-nutrition-programs-meal-patterns-consistent-with-the-2020-2025-dietary-guidelines-for>
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Breakfast Meal Pattern for Grades K-12
Minimum Daily Requirements




Grains/MMA	Fruits	Milk
1 oz eq 	1 cup 	1 cup 

May substitute vegetables for fruits component

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Breakfast Meal Pattern for Grades K-12
Minimum Daily Requirements

Grains/MMA	Fruits	Milk
1 oz eq 	1 cup 	1 cup 

- ≥ 2 different choices of low-fat or fat-free milk
- ≥ 1 unflavored choice

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Weekly Breakfast Requirements

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Weekly Lunch Requirements

- Based on 5-day week




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Shorter or Longer Week

- Increase or decrease weekly servings by 20% for each day




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More Information on Shorter or Longer Weeks

- Module 2: Introduction to School Meal Patterns



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Weekly Breakfast Requirements: 5-day week

Meal components	Grades K-5	Grades 6-8	Grades 9-12
Grains/MMA, oz eq	7-10	8-10	9-10
Fruits, cups	5	5	5
Milk, cups	5	5	5

Maximums are guide to meet dietary specifications

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Weekly Breakfast Requirements: 5-day week

Meal components	Grades K-5	Grades 6-8	Grades 9-12
Grains/MMA, oz eq	7-10	8-10	9-10
Fruits, cups	5	5	5
Milk, cups	5	5	5

Must offer more than minimum on some days

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Weekly Breakfast Requirements: 5-day week

Meal components	Grades K-5	Grades 6-8	Grades 9-12
Grains/MMA, oz eq	7-10	8-10	9-10
Fruits, cups	5	5	5
Milk, cups	5	5	5

Must offer more than minimum on some days

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Weekly Breakfast Requirements: 5-day week

Meal components	Grades K-5	Grades 6-8	Grades 9-12
Grains/MMA, oz eq	7-10	8-10	9-10
Fruits, cups	5	5	5
Milk, cups	5	5	5

1 oz eq daily = 5 oz eq weekly


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Weekly Breakfast Requirements: 5-day week

Meal components	Grades K-5	Grades 6-8	Grades 9-12
Grains/MMA, oz eq	7-10	8-10	9-10
Fruits, cups	5	5	5
Milk, cups	5	5	5

- ≥ 80 percent of weekly grains must be whole grain-rich (WGR)
- Based on total oz eq of offered grains




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Weekly Breakfast Requirements: 5-day week

Meal components	Grades K-5	Grades 6-8	Grades 9-12
Grains/MMA, oz eq	7-10	8-10	9-10
Fruits, cups	5	5	5
Milk, cups	5	5	5

Juice limit: No more than half of weekly servings



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Weekly Breakfast Requirements: 5-day week


Meal components	Grades K-5	Grades 6-8	Grades 9-12
Grains/MMA, oz eq	7-10	8-10	9-10
Fruits, cups	5	5	5
Milk, cups	5	5	5

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Optional Breakfast Meal Patterns

- Schools with different grade configurations
 - Grades K-8
 - Grades 6-12
 - Grades K-12





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Breakfast Meal Pattern: Optional Grade Groups

- Schools with different grade configurations
 - Grades K-8
 - Grades 6-12
 - Grades K-12





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Optional Breakfast Meal Patterns

- Narrower weekly calorie range and stricter sodium limits



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Optional Breakfast Meal Patterns

Five-day week

Meal components	Grades K-8		Grades K-12		Grades 6-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
Grains/MMA, oz eq	1	8-10	1	9-10	1	9-10
Fruits, cups	1	5	1	5	1	5
Milk, cups	1	5	1	5	1	5

Same daily quantities

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Optional Breakfast Meal Patterns

Five-day week

Meal components	Grades K-8		Grades K-12		Grades 6-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
Grains/MMA, oz eq	1	8-10	1	9-10	1	9-10
Fruits, cups	1	5	1	5	1	5
Milk, cups	1	5	1	5	1	5

Same weekly quantities for fruits and milk

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Optional Breakfast Meal Patterns

Five-day week

Meal components	Grades K-8		Grades K-12		Grades 6-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
Grains/MMA, oz eq	1	8-10	1	9-10	1	9-10
Fruits, cups	1	5	1	5	1	5
Milk, cups	1	5	1	5	1	5


Narrower weekly range for grains

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Optional Lunch Meal Pattern for Grades K-8

- Narrower weekly calorie range and stricter sodium limits
- Requires careful menu planning to meet dietary specifications



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Meal Patterns for Grades K-12 in School Nutrition Programs

Breakfast Meal Patterns

Student Grade Groups (K-5, 6-8, and 9-12)

The breakfast meal pattern options are for schools with grade configurations that prevent students from having separate line items for each meal component group (K-5, 6-8, and 9-12). These meal patterns require a minimum of one grain and one milk component.

5-day Breakfast Options:

- Grain: Breakfast (K-5, 6-8, 9-12)
- Milk: Breakfast (K-5, 6-8, 9-12)

5-day Breakfast Options:

- Grain: Breakfast (K-5, 6-8, 9-12)
- Milk: Breakfast (K-5, 6-8, 9-12)

5-day Breakfast Options:

- Grain: Breakfast (K-5, 6-8, 9-12)
- Milk: Breakfast (K-5, 6-8, 9-12)

https://portal.ct.gov/sde/nutrition/meal-patterns-school-nutrition-programs/documents#BreakfastMealPatterns

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Optional Vegetable Substitutions at Breakfast

https://www.fns.usda.gov/cn/fr-042524

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Laws for Vegetable Substitutions

- Consolidated Appropriations Act (March 2024)
- USDA final rule, Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans (April 2024)

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Five Vegetable Subgroups

- Dark green
- Red/orange
- Beans, peas, and lentils
- Starchy
- Other vegetables

Indicated in USDA's Food Buying Guide for Child Nutrition Programs

<https://foodbuyingguide.fns.usda.gov/>
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Vegetable Subgroups in the National School Lunch Program

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/vegetable_subgroups_nslp.pdf
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Vegetable Substitutions: School Year 2024-25

- Consolidated Appropriations Act allows any vegetables to substitute for fruit at breakfast
 - No vegetable subgroups required
- Expires June 30, 2025

<https://www.fns.usda.gov/cn/fr-042524>
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Vegetable Substitutions: Effective with School Year 2025-26

- USDA final rule
 - Changes to vegetable variety requirement effective July 1, 2024
 - Does not apply until July 1, 2025, due to restrictions of Consolidated Appropriations Act

<https://www.fns.usda.gov/cn/fr-042524>
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Vegetable Substitutions: Effective with School Year 2025-26

- 1 day per week
Any vegetables from any subgroup

M	T	W	Th	F
Fruit	Fruit	Fruit	Fruit	Any vegetable

<https://www.fns.usda.gov/cn/fr-042524>
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Vegetable Substitutions:
Effective with School Year 2025-26

▪ **≥ 2 days per week**
At least two different subgroups

M	T	W	Th	F
Beans, peas, and lentils	Fruit	Starchy vegetable	Any vegetable	Any vegetable

<https://www.fns.usda.gov/cn/fr-042524>
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Summary of Vegetable Substitutions at Breakfast

Law	Requirement	Applies
Consolidated Appropriations Act	Offer any vegetables in place of fruit	Through June 30, 2025
Final rule	<ul style="list-style-type: none">▪ 1 day per week: Any vegetables▪ ≥ 2 days per week: At least two different subgroups	July 1, 2025

Vegetable substitutions are not required

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USDA Resource

USDA Memo SP 02-2025:
Substitution of Vegetables for Fruit Flexibility in the School Breakfast Program: Questions and Answers for Program Operators

<https://fns-prod.azureedge.us/sites/default/files/resource-files/SP02-2025os.pdf>

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Offering MMA at Breakfast

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Combined Grains/MMA Component at Breakfast

- 1 oz eq of grains **OR**
- 1 oz eq of MMA **OR**
- 1 oz eq combination

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Reminder About Noncreditable Foods

- Be aware of noncreditable MMA

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Reminder About Noncreditable Foods

▪ Cream cheese

▪ Bacon (pork)

▪ Imitation bacon products (e.g., bacon bits, bacon liquid flavors)

▪ Liquid egg substitutes

▪ Egg whites without yolks

▪ Imitation cheese

▪ Salt pork

▪ Scrapple

▪ Drinkable/squeezable yogurt

▪ Yogurt-covered breakfast bars

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More Guidance

▪ Module 8: Meats/Meat Alternates Component

WHAT'S IN A MEAL

Grades 9-12

National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12

Module 8: Meats/Meat Alternates Component

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Determining if Breakfast Menus Meet WGR Requirement

▪ Based on total oz eq of all offered grains

▪ MMA not included



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Examples of Determining WGR Percentage for 5-Day Breakfast Menu for Grades 9-12

Grains/MMA component

▪ ≥ 1 oz eq daily

▪ ≥ 9 oz eq weekly



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5-Day Breakfast Menu for Grades 9-12: Example 1

Offered Ounce Equivalents

Meal Component	M	T	W	Th	F	WGR	Enriched
MMA	2					0	0
Grains, enriched		2				0	2
Grains, WGR			2	2	2	6	0

Total oz eq grains = 8

WGR grains = 75%

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5-Day Breakfast Menu for Grades 9-12: Example 2

Offered Ounce Equivalents

Meal Component	M	T	W	Th	F	WGR	Enriched
MMA	2						
Grains, enriched		1					1
Grains, WGR			2	2	2	6	

Total oz eq grains = 7


WGR grains = 85.7%

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Calculating the Weekly Percentage of Whole Grain-rich Menu Items in the National School Lunch Program and School Breakfast Program



https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/calculate_wgr_percentage_snp.pdf

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USDA Resource


Offering Meats and Meat Alternates at School Breakfast



<https://www.fns.usda.gov/tn/offering-meats-and-meat-alternates-school-breakfast>

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Dietary Specifications for Breakfast

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Dietary Specifications

The USDA's nutrition standards for school meals for grades K-12 in the NSLP and SBP


Terms to Know

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Dietary Specifications = Weekly Averages

- Individual meal could exceed standards if average over week complies



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Dietary Specifications for School Year 2024-25

- Final Rule: Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans (April 25, 2024)
 - Eliminates trans fat standard as of July 1, 2024



<https://www.federalregister.gov/documents/2024/04/25/2024-08098/child-nutrition-programs-meal-patterns-consistent-with-the-2020-2025-dietary-guidelines-for>

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Dietary Specifications for Breakfast: School Year 2024-25

Nutrients	Grades K-5	Grades 6-8	Grades 9-12	Optional: Grades K-8	Optional: Grades K-12	Optional: Grades 6-12
Calories	350-500	400-550	450-600	400-500	450-500	450-550
Saturated fat	< 10%	< 10%	< 10%	< 10%	< 10%	< 10%
Sodium (milligrams) *	≤ 540	≤ 600	≤ 640	≤ 540	≤ 540	≤ 600


* Target 1 through June 30, 2027

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Final Rule Changes to Dietary Specifications for School Year 2027-28

- Beginning July 1, 2027
- New weekly limit for added sugars
 - < 10 percent of calories




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More Information on Dietary Specifications

- Module 5: Dietary specifications



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Resources



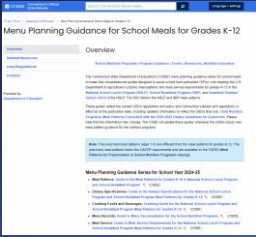
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Menu Planning Guidance for School Meals for Grades K-12

- Meal Patterns
- Dietary Specifications
- Crediting Foods and Beverages
- Menu Documentation
- Meal Service



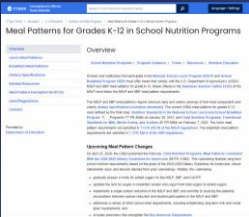
<https://portal.ct.gov/sde/nutrition/menu-planning-guidance-for-school-meals>

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Meal Patterns for Grades K-12 in School Nutrition Programs




<https://portal.ct.gov/sde/nutrition/meal-patterns-school-nutrition-programs>

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Crediting Foods in School Nutrition Programs



<https://portal.ct.gov/sde/nutrition/crediting-foods-in-school-nutrition-programs>

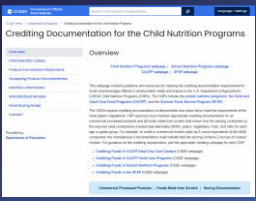
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Crediting Documentation for the Child Nutrition Programs

- Child Nutrition labels
- Product formulation statements
- Nutrition information
- Accepting product documentation
- Standardized recipes
- Food Buying Guide for Child Nutrition Programs




<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs>

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Program Guidance for School Nutrition Programs



<https://portal.ct.gov/sde/nutrition/program-guidance-school-nutrition-programs>

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School Breakfast Program




<https://portal.ct.gov/sde/nutrition/school-breakfast-program>

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Resources for the School Meal Patterns for Grades K-12



https://portal.ct.gov/-/media/sde/nutrition/nsfp/mealpattern/resources_school_meal_patterns_grades_k-12.pdf

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Questions?

- Contact CSDE's school nutrition programs staff

<https://portal.ct.gov/-/media/sde/nutrition/cnstaff/countyassign.pdf>

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Thanks for participating!



<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials>

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